





March 2019

University Park
1001 Central Parkway

phone: (337) 475-2431 fax 602-6215 (www. lcward3recreation)
Hours of Operation : Mon.-Fri. 8:00am-1:00pm (closed Sat. & Sun)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Chair class	2 closed
3 closed	4 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50pm Senior Bingo (U.P.)	5 Closed  shutterstock · 124688698	6 Free Blood pressure 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05-12:45pm	7 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	8 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Chair class	9 closed
10 closed	11 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50pm Free Arts & Crafts	12 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	13 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50 Free Arts & Crafts	14 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	15 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Chair class	16 closed
	18 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:45pm Free computer class	19 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	20 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class Birthday cake Healthy Talk	21 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	22 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Chair class	23 closed
24 closed	25 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class	26 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	27 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50pm Free Arts & Crafts	28 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	29 10:00am-11:00am Flexibility, Balance 11:05am-12:05noon Chair class	30 closed
31 closed	Movie and popcorn					